



Naval Hospital Jacksonville

Challenge 4 Life

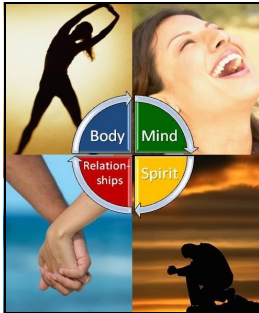
Monthly Challenge. Weekly Goals. Total Wellness.

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November Challenges, Week 2 Goals



The holidays are upon us. What are you going to do to keep on track? If you haven't already started taking steps to prevent a complete breakdown in all the strides you've made, then you should do so now. Take a look at this month's goals. ([See page 2](#))

"You cannot dream yourself into a character; you must hammer and forge yourself one." - **Henry David Thoreau**

Tips and Tools for Success



Make a plan now and start putting buffers into place to help you stick with the new life style you have chosen for yourself. Start this plan by continuing to incorporate the Goals for this month. ([Continued on page 3](#))

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The Frozen Turkey by Chaplain Justin Top



If you have ever been hurt by others or have had issues with forgiveness, then take a few minutes to read this more on [page 5](#).

More Resources

- www.choosemyplate.gov/

- www.smallstep.gov

- www.cdc.gov/healthyweight

Base Resources



If you are looking for assistance in trying to meet the goals listed in this newsletter or previous newsletters then take time to contact one of the base resources listed on [page 7](#). They can and will help you reach your goals or they will point you to the people who can.

Challenge 4 Life Website

Check out additional resources on our website:

<http://www.med.navy.mil/sites/nhjax/Clinics/WellnessCenter/Pages/Challenge4Life.aspx>



November Challenges: Week 2 Goals

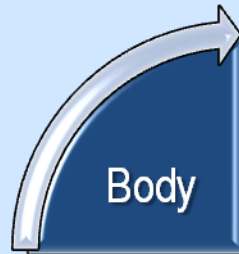
NOVEMBER CHALLENGE:

Eating Healthy during the Holidays

This month you need to just focus on the changes you have already implemented, don't try to make start new changes that will be hard to keep because you want to celebrate with your families. Take this time to keep the habits you have formed and see how you can add them into your season of celebration.

Week 2: Plan to incorporate healthy eating and exercise into your travel plans.

When you are going to travel and will be unable to cook your own meals or exercise, make plans ahead of time to keep you successful.



Body

NOVEMBER CHALLENGE:

Dealing with loss (Grief)

Life can present us with challenges that we are not prepared for. One of these challenges is dealing with loss. The reality of dealing with loss can become overwhelming which can lead us into a grieving process. Grief is never easy but it is essential to the healing process. Understanding the grieving process can help you deal with your loss. Take time to learn about grief and to find healthy ways of coping with loss.

Week 2: Identify what stage you are at in this process:

It is clear that there is no script for grief and people facing a major loss cannot expect to feel their emotions in a particular way. However, for decades, many people have tried to explain what grief is and some have even identified certain stages of grief.

Learn about the stages of grief. These stages attempt to describe the emotions, meaning, and reactions that people go through when they suffer loss. One of most well known grieving stages was developed by *Elizabeth Kubler-Ross*. They are denial, anger, bargaining, depression, and acceptance.



Mind

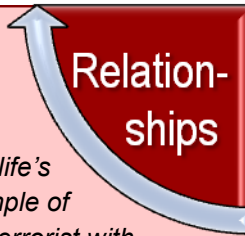
NOVEMBER CHALLENGE:

Manage your Perspective.

You know, we all respond differently to life's situations. Road rage is a perfect example of that. One person responds to a traffic terrorist with patience and graciousness, or neutral dismissal. And then the next driver responds to that same traffic terrorism with violence and anger and the attempt to do harm in return. Now why does one person respond with anger and the other able to respond with apparent dismissal? The answer is that their perspectives are radically different.

Week 2 Goal: Identify your own Emotions.

We can never handle our partner's emotions and their critiques, without first becoming aware of our own emotional status. Am I happy, sad, angry, tired, frustrated, hurt, or disappointed? Why am I feeling that way? Are those feelings legitimate? If I am not aware of my own emotional status, I can never fully be there to emotionally support my partner.



Relation-
ships

NOVEMBER CHALLENGE:

Find passion and fulfillment

Take time this month to really take a good look at your life. With the Holiday season upon us we begin to see another year passing. Do you have regrets or wish for things to be different? If so then take time to find out what you are passionate about and what brings you a sense of fulfillment.

Week 2 Goal: Can passion be nurtured, or is it something you have to feel?

Passion is both a decision and a feeling. Just as in marriage, some days you have strong feelings of love and other days you might not "feel" real loving. Passion involves our feelings, but passion is not feelings alone. If you have something in your life that you have felt passionate about, but at this moment don't "feel" passion for, you first need to re-evaluate your priorities. If you find your priorities are off then you need to "work" until you regain those feelings of satisfying passion



Spirit

Tips and Tools for Success

Body

Eating Healthy during the Holidays

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Week 2: Plan to incorporate healthy eating and exercise into your travel plans.

When you are going travel and will be unable to cook your own meals or exercise, make plans ahead of time to keep you successful.

For healthy eating look ahead at the area you are visiting and review menus of the hotel or restaurants, have a game plan before you get there. If you are staying with family request that they allow you to help incorporate a few healthier choices into the meals you will be eating. For exercise, you can attempt to stay at hotels with gyms or look at ways to incorporate exercise into your daily vacation activities. Do things like climbing stairs, take the longer walking route, park far away from the store or place your entering, spend extra time walking everyday. Don't stress out about the food or exercise, just keep doing what you already know and you will be fine.

Mind

Dealing with loss (Grief)

Life can present us with challenges that we are not prepared for. One of these challenges is dealing with loss. The reality of dealing with loss can become overwhelming which can lead us into a grieving process. Grief is never easy but it is essential to the healing process. Understanding the grieving process can help you deal with your loss. Take time to learn about grief and to find healthy ways of coping with loss.

Week 2: Understanding the Stages of grief

It is clear that there is no script for grief and people facing a major loss cannot expect to feel their emotions in a particular way. However, for decades, many people have tried to explain what grief is and some have even identified certain stages of grief. Learn about the stages of grief. These stages attempt to describe the emotions, meaning, and reactions that people go through when they suffer loss. For many people who are grieving a loss, the first impulse is to deny the loss and then to feel angry or to want life returned to what it was. After realizing that the loss permanent, it is understandable to feel depressed. The final stage relates to accepting that this new reality is the permanent reality.

Identify what stage you are at in this process:

- Denial: You will probably react to loss with numbed disbelief. It can be hard to accept a loss. You may deny the reality of the loss at some level, in order to avoid pain (this is not *happening* to me!)
- Anger: There are many other emotions under the anger, very often: pain. Some may feel angry at their loved one for having abandoned them. Some could feel angry about the unfairness of the situation (why is this happening to *me*?)
- Bargaining: You may try to bargain for a way out of your despair ("I will never ...if ..." I promise I'll be a better person *if...*)
- Depression: You may experience feelings of emptiness or despair. You might isolate yourself and focus on memories of the past (I don't *care* anymore)
- Acceptance: you learn to accept and deal with the reality of your situation. Acceptance does not necessarily mean instant happiness but you will find a way forward. (*I'm ready* for whatever comes)

Tips and Tools for Success

Spirit

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If this task feels a bit overwhelming then seek guidance from your spiritual advisor. If you are not involved in any formal religion or are not spiritually focused, take time to seek out a trusted person in your circle who is spiritual and might be able to give you guidance or direct you to the right resources to help you meet this challenge.

Relationships

Manage your Perspective.

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This week really reflect on how you are feeling and seek help from a counselor, trusted friend, medical professional or even self-help tapes/books that can assist you with recognizing your own emotional status. Once you’ve figured out where you are then and only then will you be able to give emotional support to your partner.

The Frozen Turkey by Chaplain Justin Top

Several years ago I heard of a terrible crime that changed the life of at least two people. A group of bored teenagers had stolen a credit card and gone on a senseless shopping spree, buying random groceries to cause havoc with. As they sped down the road launching food items out the window, one of the young men picked up a 20 pound frozen turkey and threw it at an oncoming car. The turkey smashed through the windshield and hit the driver in the face.

The driver of the car, lucky to be alive had her face and throat crushed and suffered minor brain damage. She endured six hours of surgery using metal plates and other hardware to piece her face together, and was told that she had months of recovery and physical therapy ahead of her. One newspaper report the events that followed:

"This is the kind of hideous crime that propels politicians to office on promises of getting tough on crime. It's the kind of thing that prompts legislators to climb all over each other in a struggle to be the first to introduce a bill that would add enhanced penalties for the use of frozen fowl in the commission of a crime.

"The New York Times quoted the district attorney as saying this is the sort of crime for which victims feel no punishment is harsh enough. 'Death doesn't even satisfy them,' he said.

"Which is what makes what really happened so unusual. The victim, Victoria Ruvolo, a 44-year-old former manager of a collections agency, was more interested in salvaging the life of her 19-year-old assailant, Ryan Cushing, than in exacting any sort of revenge. She pestered prosecutors for information about him, his life, how he was raised, etc. Then she insisted on offering him a plea deal. Cushing could serve six months in the county jail and be on probation for 5 years if he pleaded guilty to second-degree assault.

"Had he been convicted of first-degree assault—the charge most fitting for the crime—he could have served 25 years in prison, finally thrown back into society as a middle-aged man with no skills or prospects.

"But this is only half the story. The rest of it, what happened the day this all played out in court, is the truly remarkable part.

"According to an account in the New York Post, Cushing carefully and tentatively made his way to where Ruvolo sat in the courtroom and tearfully whispered an apology. 'I'm so sorry for what I did to you.'

"Ruvolo then stood, and the victim and her assailant embraced, weeping. She stroked his head and patted his back as he sobbed, and witnesses, including a Times reporter, heard her say, 'It's OK. I just want you to make your life the best it can be.' According to accounts, hardened prosecutors, and even reporters, were choking back tears" ("Forgiveness Has Power to Change Future," *Deseret Morning News*, Aug. 21, 2005, p. AA3).

It is perfectly understandable to want justice or even revenge when somebody hurts you. But that anger has the potential to destroy your happiness. Forgiving them will not undermine justice or get in the way of them getting what they deserve. You need to forgive, not because they deserve peace of mind, but because you deserve it. Forgiving is never easy, especially when the pain you feel is severe. But if your anger is blotting out the light in your life you need to let go. If you need help doing that, talk to a friend, doctor, chaplain, religious leader, or mental health provider. Even if you don't know how to do it, take the first steps and you will feel the burden begin to lift.

Base Resource Phone List

FLORIDA

JACKSONVILLE

Fleet and Family Services:	904-542-2766
Base Gym:	904-542-2930
Fitness Source:	904-542-3518
Base Pools:	904-542-2930
Chaplain:	904-542-3051 or 904-542-3052
Wellness:	904-542-5292

MAYPORT

Fleet and Family Services:	904-270-6600
Surfside Fitness Center:	904-270-7718
Base Gym:	904-270-5451
Base Pool:	904-270-5425
Base Chaplain:	904-270-5212
Wellness:	904-270-5251

GEORGIA

KINGS BAY

Fleet and Family Service Center:	912-573-4512	DSN 573-4512
GYM:	912-573-3990	DSN 573-3990
Pools:	912-573-3001	DSN 573-3001
Chaplain:	912-573-4501	DSN 573-4501
Wellness:	912-573-4237 or 912-573-8626	DSN 573-4237 or 573-8626

ALBANY

Marine Corps Community Services (MCCS):	229-639-5234
Fitness Center:	229-639-6234
Gymnasium:	229-639-5246
Base Pool (summers only):	229-639-5195
NBHC Health Promotion and Wellness Clinic:	229-639-5542
Semper Fit Health Promotion Coordinator:	229-639-7935
Chaplains Office:	229-639-5284